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NATIONAL PHYSICAL EDUCATION AND SPORTS WEEK

March 1-7, 1985

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Editor, MAHPERD Journal

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President, MAHPERD

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1984-85

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MAHPERD JOURNAL

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OFFICE OF PUBLIC INSTRUCTION

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Ed Argenbright
Superintendent

From the State Supervisor

I hope the year has been going well for all of you. It has sure gone by fast up to this point for me. The convention in Billings started the year off and I thought it was our best yet. We all owe Past-President Glenn Iverson and his EMC group a vote of thanks for a job very well done!

MAHPERD has been busy working to gain support for programs in health, physical education and recreation. Several publications have been produced providing support and rationale for programs in our field. If you are interested in these, let me know. In January, MAHPERD sponsored Montana's first-ever Legislative Health and Fitness Day. Along with the Department of Health and Environmental Sciences, the Office of Public Instruction, the Montana Heart Association and the Montana Lung Association, a comprehensive battery of assessments were given to legislators, their staffs and other government officials. Assessments included blood pressure and pulse, vital capacity, percent body fat, and a health risk appraisal. The goal was to increase awareness and interest in health and fitness and let our state decision-makers know what we are doing for Montana's youth.

Coming up April 21-23 is the Northwest District Convention in Boise, Idaho. More about that convention is included in this newsletter. We are hoping to have a very strong turnout in Boise from Montana. At the Northwest District Board meeting in Boise a proposal will be presented to host the 1986 or 1987 Northwest District Convention in Billings. We need to prove to them that Montana wants the convention and will support a convention in its own state. The 1979 Northwest District Convention in Billings had the largest registration of the last five years!

Then April 17-22, 1985 the National AAHPERD Convention will be in Atlanta, Georgia. That will be AAHPERD's Centennial celebration and it looks to be an outstanding program and a lot of fun. Montana President Joel Meier has established the Downtowner as the "official Montana hotel" and requests that as many of us as possible stay there. Montana, Wyoming and Idaho are sponsoring a social for us to get together in Atlanta along with our friends. Information will be posted in Atlanta.

MAHPERD is sponsoring some excellent workshops this spring and summer including:

March 8-10, 1985	Yellowstone Outdoor Workshop, Mammoth Hot Springs
June 9-14	Rocky Mountain Health Promotion Conference, EMC, Billings
June 23-28	Physical Management Workshop, Circle & Ranch, Choteau
July 7-13	Outdoor Education Workshop (Elementary), Dillon
July 14-20	Outdoor Education Workshop (Secondary), Dillon

All of the above workshops are offered for credit and each will be excellent. The Rocky Mountain Health Promotion Conference is a new course this year, available for three graduate credits, and will provide the very latest in health education, promotion and wellness from around the country. Only teams from school districts will be allowed to attend and enrollment will be limited. If you want more information, please call or write me or Dawn Graff-Haight at Eastern Montana College.

If you are looking for additional credits this summer but want them to be practical, innovative and something you can use in your school, then we have courses for you! Also, each of our Montana colleges has a summer bulletin available with a wide variety of course offerings. Have a good spring and summer

Spence

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MONTANA ASSOCIATION FOR HEALTH - PHYSICAL EDUCATION - RECREATION AND DANCE

MAHPERD

A MESSAGE FROM THE PRESIDENT

Since this is my first official written communication to MAHPERD members and other professionals, let me start by mentioning how pleased I am to serve as your President this year. There is plenty of work ahead for all of us, but I know you share my enthusiasm for tackling the challenges. Working with a great bunch of people like yourselves makes my task easier.

Before going further, let me say that this is a year of challenge, opportunity, and involvement for MAHPERD members, so for any of you who want to become more active in your Association, please let us know. Elsewhere in this Newsletter you will find the names and addresses of our Board of Directors and other officers, so do get in touch.

Your new Board of Directors has been hard at work since our first meeting during the 1984 State Convention in Billings. Let me bring you up-to-date on a few of the happenings. In respect to MAHPERD officers, there have been several recent Presidential appointments, including the following:

* -- Our new Student Representative is Nancy Lorge, an athletic training major at the University of Montana.
* -- Likewise, the new Student Representative Advisor is Sharon Dinkel at U. of M. Sharon will work with Nancy to put together some interesting student programs for this year's MAHPERD State Convention.
* -- Deb Witcraft from Billings is our State Director of the new NASPE Stride for Pride 10-K Program. During the month of May, Deb needs people in every Montana community to help sponsor and run 10-K races and other events which promote better health. Similar programs will be carried out throughout the U.S.A. with the goal of having 100,000 Americans take part. If you are interested and willing to organize a 10-K run in your community, please let Deb know as soon as possible.
* -- An additional appointment is Roger DiBrito of Missoula who is serving in the thankless task as 1985 MAHPERD Convention Manager. Anyone familiar with Roger's energy knows that the Convention will be a real success.
* -- Another person with great exuberance is Bob Williamson of Billings, who has agreed to be our Promotions Director this year. Bob is certainly the right person to promote the Association and our members so, if you have any newsworthy items, be sure to let him know. Bob will be sending out news releases to the media and will be doing whatever else he can to promote our efforts.
* -- In addition to their other duties on the Board, Helen Chrest, Jeri Domme and Spencer Sartorius are serving on a committee to determine if there is a need for a state curriculum manual. Also, they will be making recommendations as to how MAHPERD energies and finances should be directed to benefit our members. Anyone who has ideas regarding these matters should get in touch with this committee as soon as possible.
*-- Emilee DeKam continues to be our PEPI representative and once again is serving as the Montana Jump Rope for Heart Coordinator. If your school or organization has not yet signed up to sponsor a local Jump Rope for Heart program, you'll want to touch base with Em immediately.
* -- Bob Docktor from Helena continues as co-chairperson of Mission Possible

along with Dave Oberly of Billings who replaced Cissy Filcher when she became President-elect. The Mission Possible Committee provides an important link to AHPERD programs in Montana that need our assistance. The Mission Possible Team can be of great service if your program is in jeopardy due to lack of support from your administration or school board.

* -- Bob Moon from the Montana Department of Health and Environmental Sciences is our new coordinator of AAHPERD's "aging" efforts. We can all appreciate the great need and the potential value that our fields of education can play in the lives of the elderly. In creating a greater awareness and to assist in fulfilling the need, the AAHPERD Committee on Aging is attempting to develop new wellness programs and activities for working with the elderly at the state and district levels. Bob has been appointed to coordinate those efforts for us in Montana.

In addition to those people already mentioned, the other MAHPERD Board members as well as other committee members are taking on important tasks. Throughout the year you will be hearing more about them.

As for other happenings, there are two exciting AAHPERD conferences scheduled this spring, so I hope to see many of you in attendance. The 1985 Northwest District Convention will be in Boise, Idaho, March 21-23. Likewise, the National Alliance Convention--a special Centennial meeting--is April 17-21 in Atlanta, Georgia. By the way, the Downtowner Hotel in Atlanta has been designated as the official headquarters hotel for Montanans who attend the National Convention. If you plan to go, act now by making your reservations at the Downtowner. The hotel is conveniently located to downtown activities and it has some of the most reasonable rates available. The standard room cost for one to four people is $50, which is affordable with two or more persons sharing a room. For additional information on room reservations, see either the Nov./Dec. 1984 issue of UPDATE or the JOURNAL OF PHYSICAL EDUCATION, RECREATION AND DANCE. Also, if you go to Atlanta, be sure to attend the Northern Rocky Mountains Social sponsored by Montana, Idaho and Wyoming.

Speaking of conventions, plans are already under way for our 1985 MAHPERD Convention which will be October 17-18. Although the final decision on the specific location is still pending, there is a good possibility the conference will be in Whitefish at the Grouse Mountain Lodge. This expansive new facility is in an ideal location for those who enjoy activities such as golf, boating, tennis, or a side visit to Glacier National Park in its full splendor of fall colors. The Board will be finalizing convention program plans in the next few months, so let us know if you have ideas or suggestions.

The MAHPERD Board of Directors recently pledged financial support of $200 for the Northwest District's Centennial Gift to the Alliance. Our contribution will be matched by the other states in the District to help support the cost of purchasing a two-dimensional relief carving which will be placed in the Reston Alliance Center for all to view. The sculpture is being done by David Sears, an exercise physiologist at Clark College in Lewiston, Idaho.

In addition to those items already mentioned, there are many other things planned for MAHPERD this year; far too many to describe here. Nonetheless, I'm sure you will agree that this is a year of challenge, opportunity and involvement. Please be assured that your Board of Directors is working hard to provide the very best services possible for our membership and the profession. For me, it is a joy and privilege to be involved with such a wonderful and dedicated group of people.

JOEL MEIER
MAHPERD President

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MONTANA PHYSICAL EDUCATION TEACHER OF THE YEAR

Helen Chrest, Physical Education teacher at Helena High School, has been named Montana's Physical Education Teacher of the Year for 1984-85. Helen is a gradute of Eastern Montana College and the University of Montana and has taught for 15 years both at Capital High School and Helena High School.

Helen has served MAHPERD as Chairman of Health and Safety and as President in 1978. She is currently MAHPERD Treasurer. She has been instrumental in the planning and implementation of new games, Project Adventure, shooting sports, dance and other lifetime sports now firmly part of the curriculum at Helena High School.

Helen now advances to regional competition in the Northwest District. District winners advance to national competition with a winner named at the AAHPERD convention in Atlanta this April. Congratulations Helen!

MAHPERD HONORS IT'S OWN

At the recent MAHPERD State Convention in Billings, several awards were given to members of the profession. Honor Awards for service to the profession and to the youth of Montana were presented to **Helen Chrest,** Physical Education teacher in Helena, **Herb Agocs,** Physical Education Instructor at Montana State University and **Spencer Sartorius,** State Supervisor of Health and Physical Education.

Also, six "Special Recognition Awards" of the **Striving For Excellence** project were presented to recognize outstanding eduators and programs. Receiving awards were **Georgia Nye,** K-12 physical educator at Twin Bridges, **Cissy Filcher,** elementary P.E. in Stevensville and MAHPERD president-elect, **Pete Carparelli,** principal at Helena Middle School and formerly at Helena High, **Mike Harkins,** health educator and coach at Eastern Montana College, **Oral Behunin,** retired health educator from Montana State University and **Bette Lowery,** former physical educator and department chair at Montana State University.

All of these people have given their time and talents to their school, community and to the profession and we take this opportunity to recognize and thank them for their efforts on behalf of MAHPERD. Thank you and congratulations.

STRIDE FOR PRIDE ROAD RACE

The National 10K

The **National 10K** is a project of AAHPERD and MAHPERD this year designed to promote "Fun Runs" in each of the 50 states. We are hoping to have over 100,000 runners nationwide participating. In Montana we would like to run in Billings, Great Falls, Missoula, Bozeman and Helena.

Date: Saturday May 18th
Race: 5K or 10K
Person in Charge: **Billings** — Deb Witcraft: **Great Falls** — Bill Yeagle, PE Dept., College of Great Falls: **Helena** — Ed Eschler, Office of Public Instruction.

We need a person to help organize the race in Bozeman and Missoula. If you are interested or know of a contact person, please contact Deb Witcraft, 1106 Denway Place, Billings, MT 59105. *Let's Help — For the Health of It!*

MAHPERD COMMITTEE CHAIRS AND PRESIDENTIAL APPOINTEES

1985 Convention Manager, Roger DiBrito, 4765 Caroline, Florence, MT 59833; **Promotions Director,** Bob Williamson, 5702 Sam Snead Trail, Billings, MT 59101; **Mission Possible,** Bob Docktor, 1509 Wilder, Helena, MT 59601 and Dave Oberly, PO Box 20882, Billings, MT 59102; **10K Run,** Deb Witcraft, 1106 Denway Place, Billings, MT 59105.

Northwest Update

During the 1984 convention in July in Eugene, Oregon, John Massengale, EWSU, completed his term as President and passed the gavel over to Theresa (Terry) Tomczak of the University of Alaska. In early October, Terry flew to Moscow, Yakima and Portland to meet with officers and delegates attending the State HPERD conferences. If you missed her at your state meeting and would like to contact her concerning N.W. District AAHPERD business write: Department of Physical Education, University of Alaska, 410 Alatna Drive, Fairbanks, Alaska, 99701 or call (907) 474-7382 (w).

Other Alliance members joining the 1984-85 N.W. District Executive Board include: Don Phillips of Blue Mountain College, Pendleton, Oregon as President-elect; Cal Riemche, Yakima School District, Vice President of Athletics/NAGWS; Lanaya Ritson, College of Human Development and Performance, University of Oregon, Eugene, Vice President for Health/Safety; Caroline Shell, Department of Dance, University of Oregon, Vice President of Dance; Gaydena Brown-Thompson, Clark College, Vancouver, Washington, Vice President, Physical Education; Duane Owens, Portland Community College, Vice President, Recreation. These Vice Presidents share responsibility with Terry Tomczak for the 1985 convention program scheduled for Boise, Idaho, March 21, 22, 23. Sherm Button, Boise State University has been appointed Convention Manager. We hope we will see you in Boise in March.

The 1984 Honor Award recipients were introduced during the District Luncheon in Eugene. Maude Pemberton, a public school teacher in Alaska, and Beverly Bennett, recently retired from Southern Oregon College in Ashland, received the Honor Awards for their years of service. Congratulations to these two deserving individuals. If you would like to nominate someone for consideration for the 1985 N.W. District Honor Award, please write to Emily DeKam, Chairman of The Honor Awards Committee, Box 13, Pinecrest Street, Clancy, Montana 59634. She will send you the nomination form and criteria.

For those of you who are members of our American Alliance for Health, Physical Education, Recreation and Dance, you know that 1985 marks the 100th anniversary of the founding of the organization. The Centennial Convention is scheduled in the World Congress Center in Atlanta, April 17-21. If you have yet to attend a national meeting, this one should not be missed! The Centennial Commission with Celeste Ulrich, University of Oregon as Chair, has been working several years to prepare for the 100th anniversary celebration. Representatives from the N.W. States to the Centennial Commission include Barbara Cadden, Alaska; Sherm Button, Idaho; Emilee DeKam, Montana; Joan Sullivan-Morris, Oregon; and Marge Anderson, Washington.

If you would like to attend the Centennial Convention, a hotel reservation appeared in the Nov./Dec. issue of **Update, JOPERD,** and **Health Education** publications. Delta Airline is the official carrier. A round trip flight from either Portland or Seattle to Atlanta will cost $577. That is a 35 percent discount from the regular fare and of course we know that the regular fare may go up anytime. If you are flying out of Spokane, not served by Delta, the best rate is to take United Airlines Super Save for $599. Call **toll free** the Delta Airlines Agent (1-800-241-6760).

In early October I mailed a Centennial Information Bulletin, Program Outline and Membership Flyer to more than 70 Alliance members scattered throughout the five NW States. My budget does not permit me to send the material to every Alliance member so I am hopeful those receiving will be sharing.

How would you like to win a trip for two to Paris, Acapulco, Aruba, Rome, Hawaii or London? For each new member you sign up by March 30, 1985, the Alliance will enter your name into a drawing for a trip to one of the cities of your choice. "Each One Reach One"—Membership Application form is located in each Alliance publication. Find an Alliance member and join today or write AAHPERD, 1900 Association Drive, Reston, VA 22091 (Membership Department). Professional membership dues range from $42 to $82 depending on number of periodicals you want to receive (Graduate students $25 to $65 and Undergraduate from $22 to $62). State HPERD Presidents for 1984-85 also have membership application forms. In Alaska, check with Barbara Cadden, Valdez Elementary School, Valdez, Alaska, 99686; Idaho — Bonnie Hultstrand, Department of HPERD, University of Idaho, Moscow, ID 83843; Montana — Joel Meier, Recreation Management, School of Forestry, University of Montana, Missoula, MT 59812; Oregon — Debbie Harris, Inza Wood Middle School, P.O. Box 205, Wilsonville, OR 97070, and Washington — Jeff Carpenter, S.P.I.—Old Capitol Building, Mail Stop. FG-11, Olympia, WA 98504.

Among news items for the next issue will be a summary of information from the October Board of Governors Meeting in Reston, Virginia.

Submitted by:

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Accidental Hypothermia

Unsuspecting vacationers enjoying ocean beaches have fallen victim to hypothermia in 50 degree weather. Hikers or climbers have been known to progress to the point of unconsciousness in approximately 30 minutes and the elderly probably account for nearly half of all victims of accidental hypothermia. Neither extreme cold nor altitude are necessary for hypothermia to occur.

Hypothermia is the gradual cooling of the body's inner core to the degree that normal metabolism breaks down with death the end result if the heat loss is not discovered and reversed. Body core cooling will occur at any time that the heat being lost from the body exceeds the heat being produced. Three external factors that set the stage for hypothermia are coldness, wetness, and wind although not all three need be present. Dr. Alan E. Nourse, M.D. states, "That a high wind is not necessary. A 2-mile an hour breeze can drag down body temperature as effectively as a 20-mile gale if the victim's clothes are wet, as water conducts heat away from the body 240 times faster than air." It was found during WW II in the cold North Atlantic that people survived less than 5 minutes in 32 degree F. An average person in 50° water without flotation and treading water may survive about 2 hours; with flotation and remaining still they may survive about 4 hours.

As the body core temperature drops what are the outward signs and symptoms? In the beginning shivering becomes intense and uncontrollable. It is the body's method of producing heat and if it is prolonged, it can result in exhaustion. When the core temperature range is between 91-95, shivering persists along with difficulty in speaking; sluggish thinking and amnesia start to appear. (It will be difficult or impossible to open a pocketknife or light a match.) Between 86-90 degrees, shivering decreases or stops and is replaced by strong muscular rigidity. Muscle coordination is affected and thinking is less clear. An important element of survival is the victim's psychological emotional reaction to the situation. A lack of will to live is known to decrease metabolic rate and thus heat production. When the body core temperature drops to between 81-85 degrees, the victim becomes irrational and drifts into a stupor. Unconsciousness occurs when the temperature of the core is in the 78-80 degree range. Death occurs when the core temperature drops below 78 degrees. Although Dr. William J. Mills, an orthoedic surgeon in Anchorage who has practiced medicine in the arctic climate more than 30 years and has treated nearly 1,000 cases of hypothermia states, "nobody is dead when they are cold and dead. They are only dead when they are warm and dead and have been rewarmed in an area where a responsible person can make that decision." Rapid rewarming in a tub of water from 90-106 degrees is the treatment of choice states Dr. Mills. Warm packs may also be used. In the out-of-doors, move the victim to a ventilated shelter, change the person into dry clothes and wrap with blankets or whatever is available. Warm fluids and carbohydrates will also assist with preventing further heat loss.

Hypothermia can be prevented. Some basic measures include:

(1) **Dress in layers** of warm clothing with wool comprising at least one layer. (Wool retains 40 percent of its insulating value when wet, while cotton and down may drop to 10 percent or less.) Air trapped between layers is warmed by body heat and acts as extra insulation. As perspiration occurs, remove a layer as sweating increases loss of body heat.

(2) **Wear a** hat when outdoors and sleeping, as more than 50 percent of body heat radiates from the head.

(3) **Wear felt-lined boots.** Vapor barrier "bunny boots" are best when temperature dips below minus 30 degrees, states Dr. Mills. Avoid tight boots or elasticized socks.

(4) **Drink water.** Dr. Mills comments that "dehydration can be a big contributing factor in frostbite. An active person in sub-zero weather can sweat, breathe and urinate a gallon of water a day." That water must be replaced but do not eat snow. "Replacing fluid loss by eating snow and ice costs a large amount of calories. It takes 80 calories to convert one gram of ice at 32° F to one gram of water still at 32° F. In another illustration, it requires about the same amount of heat to convert snow to one ounce of freezing water as to heat an ounce of soup from room temperature to boiling. The heat loss required to melt snow can tip the delicate balance of heat regulation," states Dr. Cameron Bangs, M.D. of Portland, Oregon.

(5) **Avoid drugs.** Smoking narrows small arteries supplying the skin, thus lowering the skin temperature and increasing blood pressure. Snorting cocaine anesthetizes the nose, reducing its blood supply and making it freeze quicker. Alcohol dilates blood vessels near the skin, making you feel warmer but speeding loss of body heat. And any mild-altering drug can affect judgment needed to avoid dangerous situations.

(6) Eat nutritional meals to allow the body to produce its own heat. Many elderly persons cannot afford well-balanced meals or live alone and do not eat the proper foods. Quick energy food such as dried fruits are especially good when backpacking or camping in the outdoors.

(7) **Maintain indoor room temperature at 70 degrees.** Elderly persons often fall victim to hypothermia when trying to save on fuel costs. With advancing age, many persons become less able to resist and recover from stresses such as prolonged exposure to cold. The elderly often may not sense that they are becoming cold and thus their bodies do not adjust to changes in temperature. For the elderly, hypothermia may often start during sleep. For whatever age, precautions can be taken to prevent hypothermia.

Author's Note:

This article is intended as a supplemental reference to other materials teachers use when teaching about hypothermia in first aid, aging, or death and dying units. The 28-minute film, *By Nature's Rules,* is a good introduction to hypothermia. It follows a group of adult hikers into the mountains and as the weather changes, a member of the group falls victim to hypothermia. It may be borrowed from the Department of Fish, Wildlife and Parks Film Library, 1420 East Sixth Avenue, Helena, MT 59620 (406) 444-2426.

References:

1. Bangs, Cameron, M.D. "Survival in Winter," *Off Belay.* December, 1974. (Includes a true story of a young couple lost for several days in the Bagby Hot Springs area east of Portland, Oregon, during which the young mother dies of hypothermia.)

2. Foster, David. "Alaska Doctor Pioneers Treatment for Cold Injuries," *Idahonian,* Moscow, Idaho. December 5, 1984.

3. Gedrose, Judith, R.N. "When Cold Can be a Killer," *Nursing,* February, 1980, pp. 34-36.

4. *Hypothermia and Cold Water Survival,* U.S. Coast Guard, January 4, 1977.

5. Lathrop, Theodore G., M.D. Hypothermia: *Killer of the Unprepared.* Mazama Mt. Climbing Association, Portland, Oregon, pp. 3-12. (Dr. Lathrop is a practicing mountaineer and has climbed the Northwest's 16 major peaks.)

6. Mills, William J., M.D. "Out in the Cold," (journal and date unidentified as article given author by member of a mountain rescue team).

7. *A Winter Hazard for the Old: Accidental Hypothermia.* National Institute for Aging. Bethesda, Maryland 20205. (NIH Publication No. 81-1464) October, 1980.

8. Nourse, Alan E., M.D. "Cold-Weather Killers: Hypothermia and Frostbite," *Backpacker,* pp. 36-39, 81-85.

Submitted by:
Hazel C. Peterson
Professor, Health Education
University of Idaho

Anorexia Nervosa: An Epidemic Illness

Submitted by:
Hazel C. Peterson, Professor
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Moscow, Idaho 83843

Anorexia Nervosa is a serious psychological and physiological disorder mainly seen in adolescent girls who become emanciated from self-starvation. Severe anorexia can be fatal with death usually due to cardiac abnormalities or suicide. (Pop singer Karen Carpenter, 32, died of unexplained heart failure).

The syndrome is characterized by a distortion of body image, caused by emotional problems with the individuals having an intense fear of becoming obese that does not dimish even with weight loss. An outstanding feature of the illness is the "relentless pursuit of excessive thinness", states Dr. Hilde Bruche of the Baylor College of Medicine. They "feel fat" even when below normal weight.

In 1981 it was estimated that one in 300 women have anorexia, in 1983 the estimate was one in every 100 between the ages of 11 and 18. For 1985 the ratio is expected to be one in 80 or higher. These figures are low if one considers that some researchers believe that for every anorexic identified there are nine others unidentified.

Why self-starvation? Many anorexics feel that their lives have been defined by trying and failing to live up to the expectations of their families. So they lash out against the expectations by doing something on their own terms--starvation. It is their way of saying "I can do something and I can do it my own way." It is a way in which adolescents can exert control over their environment.

Other young girls starve themselves because they are abnormally concerned about the manifestations of puberty and want to delay it. While others are reacting to the pressures of family and friends to reduce their weight. Some experts feel that the emphasis fashion and advertising places on thinness plays a large role in this ailment.

Dr. Hilde Bruche, an expert on anorexia nervosa, has found that many anorexics tend to be over-submissive, abnormally considerate and lacking in self-assertion. They try to mold themselves to their parents desires. For others it is a massive defense maneuver on the part of insecure, and unfulfilled adolescents. Early life histories of some anorexics indicate long standing conflicts with their mothers and sometimes fathers. Their conflicts centered around eating. In addition there are often problems in sibling rivalry. Anorexics soon learn that parents pay a great deal of attention to them at the expense of brothers or sisters with whom they are rivalrous.

The symptoms and signs of anorexia nervosa besides extreme weight loss include: no sign of fatigue; daily consumption of many soft drinks; refusal to eat except for tiny portions; high energy level; exaggerated interest in food; distorted self-image--as they become thin they continue to see themselves fat; denial of hunger; excessive devotion to school work; cessation of menstruation; excessive exercise with no sign of fatigue.

Some interesting preliminary research comparing anorexic women and obligatory men runners appeared in the Feb. 3, 1983 issue of **The New England Journal of Medicine.** The typical obligatory runner is a diet-conscious man whereas the typical anorexic is an exercise-conscious woman.

Obligatory runners resemble anorexic women in terms of family background, socioeconomic class and such personality characteristics as inhibition of anger, extra-ordinarily high self-expectation; tolerance of physical discomfort; denial of potentially serious debility; and a tendency toward depression.

Cultural ideals contribute to the two disorders: The runner aspires to athletic prowess and the dieter to slimness. Obligatory runners and anorexic women must continue to prove themselves by running or dieting as if they were not able to form an enduring and absolute sense of who they are. Remember that not all anorexics are women and not all obligatory runners are men.

Other physical consequences include anemia, constipation, dryness of skin, fine soft body hair growth and low body temperature. There is also discoloration to the skin. Malnutrition causes anorexics to hear, see, taste, touch and smell more acutely than other people.

There are also disturbances of neurological and endocrine gland functioning. One consequence is that menstruation may stop for years and may even lead to infertility. The sexual drive may disappear.

Research reveals that extremes of body fat — either too much or too little — can lead to temporary infertility due to loss of ovulation which is the monthly release of egg from an ovary. The reason for ovulation being affected is that there are changes in the female hormones. Fat tissue is in part responsible for estrogen production. The resulting infertility is usually reversible with restoration of body fat to reasonable normal levels.

Among the mental-emotional consequences of anorexia nervosa are depression, phobias or compulsive disorders. There are also inner doubts and a lack of self-confidence.

The most successful approach in the treatment of anorexia nervosa is a combination of psychological counseling and medical care. Both nutritional and psychological therapy are incorporated. Anorexics are guided in search of autonomy and self-directed identity. The ultimate goal is a newly found sense of self-worth.

Recovery from anorexia nervosa can be a long, slow process and relapses are not uncommon. Anorexics need to select a competent medical physician and begin psychological counseling and medical care before it is too late.

Educators wanting to organize self-help support groups within their community or school may receive help from the National Anorexia Aid Society, Inc., P.O. Box 29461, Columbus, Ohio 43229. For additional information and materials write or call The Anorexia Nervosa and Associated Disorders (ANAD) Resource Center, P.O. Box 271, Highland Park, IL 60035 or phone (312) 831-3438. After caling the ANAD National Resource Center, I learned of two contacts in Montana. The ANAD contact for the Bozeman area is Darlene Larson-Ricker of 107 A Julia, Bozeman 59715 or phone (406) 586-8583. The other is the ANAD contact for Great Falls who is Sally Seitz. She is a registered dietition at the local hospital. Her address is 500 15th Ave. S. Great Falls, MT 59403 - (406) 727-3333, Ext. 5336. Both of these individuals will be able to help you organize school or community self-help support groups. The National Resource Centers will send you material to use with your classes.

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5. Romeo, Felicia F. "Women, Anorexia Nervosa and Culture". **Delta Kappa Gamma Bulletin.** Winter, 1983.

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8. Yates, Alayne, M.D., Kevin Leehey, M.D. and Catherine M. Shesslak, Ph.D. "Running--An Analogue of Anorexia?" **The New England Journal of Medicine,** Feb. 3, 1983, p. 251-255.

National Project for the Assessment of Play Structures Found on Elementary School Playgrounds

The American Association for Leisure and Recreation (AALR) an association of AAHPERD announces the beginning of the national project for the assessment of play structures found on elementary school playgrounds. The project will begin in April 1985. An instrument for the assessment of play structures is being developed under the leadership of Dr. Louis Bowers. It will cover the following areas: content of the playground, safety and structure functions and assistance in the development of the child.

The intent of the project is to provide a data base from which statements about structures for play can be made. Both the quantity and the quality of what is available for our children in the elementary school will be recorded using this instrument.

Drawing from a consortial membership which includes groups such as the IPA—The International Association for the Child's Right to Play, personnel are being invited to a training workshop. Dr. Joe Frost is planning the workshop to train people interested in administering the play structure instrument in areas in which they live. The workshop will be held at the annual AAHPERD Convention in Atlanta on Wednesday, April 17, 1985.

All of the personnel trained to use the assessment instrument will be asked to send completed assessments with pertinent information to the Committee on Play for tabulation. The committee is chaired by Dr. Lawrence Bruya. It is the Committee's intent to compile the information about children's playgrounds across the nation. Using this as a data base, certain facets of the survey may be extended to assess particular play patterns and uses of the equipment as well as age or other points of interest.

For additional information or if you wish to become involved with this project contact: Committee on Play, AALR/AAHPERD, 1900 Association Dr., Reston, VA 22091.

Project Inspiration

Dear Educator:

The National Association for Sports and Physical Education has created an opportunity for you to honor the people who have greatly influenced you and your program.

Through PROJECT: INSPIRATION! you may nominate individuals in your field. NASPE will use the $10.00 contribution (per person) to continue serving our profession.

We appreciate your support and hope you find this a unique way to say thank you.

Best regards,

Tom and Jean Osborne
State Chairman — PROJECT: INSPIRATION!

.....

Person to be honored:

Name _____
Address _____
City, State, Zip Code _____
Your Name _____
Address _____
City, State, Zip Code _____

Make checks payable to: Project: "INSPIRATION", NASPE

Send to:
Barbara E. Forker
Department of Physical Education/Leisure Studies
Iowa State University
Ames, Iowa 50011

REGISTRATION
Northwest AAHPERD Convention

PLEASE PRINT:

Name _____
(Last) (First)

Home Address _____
(Street) (City) (State) (Zip) (Telephone)

Business Address _____
(School/Agency) (Street) (City) (State) (Zip)

AAHPERD Member_____ Yes _____ No _____
(Telephone)

REMINDER: YOU MUST BE OR BECOME AN AAHPERD MEMBER TO ATTEND THE CONVENTION!

Select	AAHPERD Member	Non-AAHPERD Member	Fees	Total
Professional	$50.00	$42.00 + $50.00		
Student	25.00	22.00 + 25.00		
Graduate Student	35.00	25.00 + 35.00		
Allied Professional	50.00	42.00 + 50.00		
Non-Professional				
Spouse	15.00			
Retired	10.00			
Social Only (Friday)	10.00 (Additional for one day only)			

ONE DAY REGISTRATION

Friday Only	30.00	(plus appropriate membership)
Saturday Only	30.00	

Registration fee includes luncheon Friday & Saturday and the Friday evening social and dance.

Cash or Check TOTAL_____
(Made out to Northwest District AAHPERD)

MAIL TO:
Dr. Sherman G. Button
Convention Manager
NW District AAHPERD
Department of HPER
Boise State University
Boise, Idaho 83725

Received By_____

RESERVATION REQUEST

The Holiday Inn is Convention Headquarters.

Name of Group _____

For: Mr./Mrs. _____

Number of Rooms:____ Number of Persons:____ Room Requested: King Leisure:____ King w/Sofa Bed:____ Poolside (2 dbl. beds)____ Standard (2 dbl. beds)____ Please send confirmation to: (Address)

_____
(Name)

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(Street)

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(City) (State) (Zip) (Phone)

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My arrival will be: ___ Before 6 p.m. (after 6 p.m. see below). Guarantee my reservation to: ____Visa; ___ Mastercharge; ___Carte Blanc; ____Diners; ___American Exp.; #_____ or ___

$_____ (1 night's Deposit Enclosed).

A Guaranteed reservation will hold your room for you all night, however failure to arrive, or to cancel your reservation before 6 p.m. on your day of arrival will result in forfeit of your deposit, or one night's lodging being charged to your credit card account.

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Northwest District A.A.H.P.E.R.D.
1985 Convention

At: Boise State University
Boise, Idaho

When: March 21, 22, 23, 1985

Come and Join Our
"Challenge To The Future"

March 21 — 9:00 p.m. All Convention No-Host Social, Holiday Inn

March 22 — Keynote Speaker, Dr. Leon Griffin, Chairman, Department of HPERD; University of New Mexico: **"Our Profession — Challenge To The Future"**

March 23 — Keynote Speaker, Bea Orr, President, American Alliance for Health, Physical Education, Recreation and Dance **"The Alliance for You: Meeting the Challenges."**

P L U S! ! ! !

Fun Runs! Dancing! Skiing! Clinics! Research!
Dining! Socials!

Northwest District Association

American Alliance for Health, Physical Education, Recreation and Dance

Dear AAHPERD Member,

Please join us for the Northwest District AAHPERD Convention. We look forward to seeing you again on this the 52nd year of our Association. It is a special year also in that it is the American Alliances' Centennial year. This is a great time to visit with old friends, talk with former teachers, make new friends and gain some new ideas. You can offer valuable input as you discuss the many challenges facing our profession during these difficult days of "skinning, thinning and cutting." Quite frankly, our unified efforts may save our professions in both the colleges and public schools.

On Friday, March 23rd, Dr. Leon Griffin from the University of New Mexico will be our keynote speaker. Dr. Griffin's topic will be: "Our Professions — Challenge to the Future." On Saturday March 24th, Bea Orr, President of AAHPERD will keynote the address: "The Alliance for You — Meeting the Challenges." I urge you not to miss either address from these nationally prominent figures.

We want your input also, so before we close Saturday there are sessions for group discussion and specific question-answer times, as well as speciality sessions in dance, health, physical education and recreation. Your expertise is wanted.

Please note that our sessions take place Thursday evening and all day Friday and Saturday. Those of you who have to travel should be able to find adequate flight schedules through Boise Municipal Airport. Also please note that the Holiday Inn has offered us great convention rates. We have a number of sessions planned there and it will help to lodge there also.

I am looking forward to seeing you in Boise. I want to get to know as many of you as I can so just come over and introduce yourself. Please join us in Boise. The Northwest District needs you.

Sincerely,

Theresa H. Tomczak, President
Northwest District AAHPERD

THURSDAY, March 21

7:30-8:30 p.m. **"Lifestyle: The Challenge of the Future";** Dwaine J. Marten, University of Idaho. Presiding: Lanaya Ritson, University of Oregon. Room: Holiday Inn.

What our roots are and the challenges that we will be dealing with in the future; lifestyle change, nutrition, fitness and stress management. Of interest to: health educators and general public. Lecture.

9:00 p.m.-? **"Student Sponsored Social to Honor Northwest District Retirees";** Student Action Council: Northwest District. Presiding: Joyce Strand, University of Alaska-Fairbanks and Dave Shada, Boise State University. Room: Holiday Inn.

Fun and Frolic! Meet your friends. Renew the ties that bind. Participation.

Friday, March 22

8:30-9:30 a.m. **"Warm-up and Flexibility";** Jackie Carringer, Head Women's Gymnastics Coach, Boise State University. Presiding: Cal Reimcke, Yakima School District, Washington Room: BSU Gymnastics Room PE-103.

Coach Carringer will present drills, warm-up routines and flexibility activities that will be applicable to a wide range of athletic activities. Participation.

8:30-9:30 a.m. **"Variations of Learning Style Preferences Among Junior High School Students and the Implications They Have for Teaching Physical Education";** Frank Pettigrew, University of Idaho; Mike Heikkinen, Univesity of Idaho. Presiding: Jeff Carpenter, Supervisor, Washington State Department of Education. Room: G 219.

Variations of learning preferences existed among students when measured by Canfield's learning style inventory. Strong prefrences were shown on the scales of goal-setting, competition and authority. Strong non-preferences were evident on the scales of independence and inanimate (working with things, building, operating, etc.) Of interest to: physical education teachers, public school level. Lecture.

"Lifestyle: The Challenge of the Future"; Part II. Dwaine J. Marten, University of Idaho. Presiding: Lanaya Ritson, University of Oregon. Room: G 218.

What our roots are and the challenges that we will be dealing with in the future; lifestyle change, nutrition, fitness and stress management. Of interest to: health educators and general public. Lecture.

"Biomechanical Analysis Techniques for the Teacher and Coach"; Ross E. Vaughn, Boise State University. Presiding: Tom Wells, University of Alaska-Fairbanks. Room: G 220.

9:45-10:45 a.m. **"General Session";** Presiding: Terry Tomczak, President, NW District AAHPERD, University of Alaska-Fairbanks. Room: LA 106.

Introduction of Candidates for office, presentation of constitution changes and business meeting.

11:00-Noon **"Motivation";** Lyle Setencich, Head Football Coach, Boise State University. Presiding: Cal Riemcke, Yakima School District, Yakima, Washington. Room G 219.

Positive motivation techniques that work for the football athlete. Lecture.

"Research in Dance: The Choreographic Product as Scholarly Contribution"; Open Forum; Panel Members: Nancy Coulton (Montana State University); Edie Evans (Eastern Washington University); Carol Soleau (Oregon State University); Diane Walker (University of Idaho). Presider: Caroline Shell (University of Oregon). Recorder: Kay Van Norman (Montana State University). Room: G 218.

"Body Recall (Movement for Seniors)"; Rod Smith, Clark College, Vancouver, Washington. Presiding: Gaydena Brown-Thompson, Clark College. Room: G 215.

A participation/lecture dealing with designing and implementing a program specifically for senior citizens, but adaptable to other age groups. It deals with movement, its importance, correct procedures, sequences and equipment, supplies and apparatus. Of interest to: those interested in programs for senior citizens and others interested in lifetime overall conditioning. Lecture/Participation.

"Characteristics of Collegiate Club Skiers Report of Preliminary Research"; Robert Murray, Boise State University. Presiding: Ross Vaughn. Room: G 218.

Selected motor performance, anthropometric and physiological measures were collected on collegiate, alpine skiers of average ability. The results were compared to data reported in the literature on elite skiers. The implications of those comparisons will be discussed. Of interest to: coaches, exercise physiologists and ski enthusiasts. Lecture.

"What's Happening in Health Education Across the Country"; B.E. "Buzz" Pruitt, AAHPERD; Association for the Advancement of Health Education. Presiding: Lanaya Ritson, University of Oregon. Room: G 220.

Interpretation of the merger of the Associaiton for the Advancement of Health Education (AAHE) and the Society of Public Health Education (SOPHE). Buzz will update health educators with other pertinent up-to-date trends and materials from across the country. This will be a good chance to discuss concerns, ideas and developments in health education. Discussion.

Noon-1:30 p.m. **"Luncheon:" "Our Profession: Challenge to the Future";** Dr. Leon Griffin, University of New Mexico. Room: G 220.

1:45-3:00 p.m. **"The Variability of Practice Hypothesis: Some Negative Evidence and Further Discussion";** Timothy P. Winter, Idaho State University. Presiding: Rick Kearns. Room: G 220.

Variations in movement distance, movement time or a combination were introduced during training and then transferred to a version different than training. Results demonstrated less accuracy when movement time was varied than movement distance. Further analysis suggested factors such as perceptual or working memory of Ss influence timing. Of interest to: researchers and motor behavior specialists. Lecture.

"Evaluating the Choreographic Product as Scholarly Contribution: Testing Lab"; Sandra Simowitz, Oregon State University. Presiding: Carol Soleau, Oregon State University. Room: G 215.

Bring an example of choreography on one-half inch VHS videotape. Discussion.

"The Changing Focus for the Future — Physical Education Gets a Face Life"; Moderator: Kathy Heath, Assistant Dean, O.S.U.; **Montana:** Kathleen Miller, Chair, Physical Education, University of Montana; **Idaho:** Frank Pettigrew, Physical Education Coordinator, University of Montana; **Washington:** Debbie Tannehill, on leave, Eastern Washington University; **Oregon:** Becky Sisley, University of Oregon; Presider: Gaydena Thompson, Clark College, Vancouver, Washington. Room: G 218.

With changing and expanding physical education curriculums due to demands in communities for fitness, an awareness of what is happening and how it is being implemented will be discussed in a presentation/panel discussion of our challenge for the future. Of interest to: all persons involved in physical education and fitness programs in schools, park departments, spas and health clubs and employee fitness. Panel discussion.

1:45-3:00 p.m. **"Mental Fitness and the Human Brain";** Terry Armstrong, University of Idaho. Presiding: Ross Vaughn, Boise State University. Room: G 219.

This presentation will explore the physiological and anatomical underpinnings of recent brain research. Emphasis wil be placed on the developing brain and its cellular and biochemical relationships to mental functioning and fitness. Of interest to: general audience. Lecture.

"A High School Outdoor Program"; Steve Stratton, Gladstone High School. Presiding: Duane Owens, Portland Community College. Room: G 130.

A comprehensive high school outdoor program for upper classes conducted during the regular school program. Features rafting, shooting sports and fishing activities. How a program can be suited for the high school level, motivation of students and acceptance by people of the community. Lecture.

3:15-4:15 p.m. **"Physiological Factors in Aquatics";** Bob Weathers, Seattle Pacific University. Presiding: Bob Murray, Boise State University. Room: 130.

A consideration of physiologic responses of the body to immersion in water with application to aquatic safety and performance in a variety of activities ranging from beginning swimming to competition and related aquatic activities. Lecture.

"Practical Suggestions for Training Teachers of Aerobic Dance"; Sandra Simowitz, Oregon State University. Presiding: Carol Soleau, Oregon State University. Room: G 215.

Experimental workshop in the latest training tips for teachers of aerobic dance. Of interest to a general audience. Discussion. Participation.

3:15-4:15 p.m. **"Improving Teacher Effectiveness I: Survival Skills for Physical Educators";** Pat Ruzicka, N.W. Regional Lab, Portland, Oregon. Presiding: Steve Wallace, Boise State University. Room: G 218.

Learn how to gain attention for your P.E. program by tying it to current educational trends and to existing district goals and priorities. Session I includes an overview of current educational trends and to existing district goals and priorities. Session I includes an overview of current educational trends with implications for physical education and program/curriculum assessment techniques. (Double session — Session II offered at 4:30.) Of interest to: middle school, junior high teachers and administrators. Lecture/discussion.

"Ethics in Physical Education and Athletics — Student Session"; Leon Griffin, University of New Mexico. Presider: Dave Shada, Boise State University. Room: G 219.

Closed and open-ended surveys and ethnographic case studies results are used to present theoretical and experimental planning models of junior high school teachers in the state of Idaho. The results suggest implications for teacher education, administators and teachers. Of interest to: school teachers, administators and methods professors. Lecture/discussion.

4:30-5:30 p.m. **"Physical Management-Teaching Weight Control in Public Schools";** Eileen Solberg, National Diffusion Network Project Director: Spencer Sartorius, Montana State H/PE Supervisor. Presiding: Rod Smith, Clark College. Room: G 219.

Physical Management is an alternative physical education class designed to remove the embarrassment and failure experienced by overweight students in a standard physical education class. Course content is relevant and specific to the need of overweight students and results prove this program to be more effective than standard physical education in reducing weight and increasing fitness and self-esteem. Of interest to: grades 7-12 and college level instructors of P.E., home economics, counselors, coaches and administrators. Lecture/discussion.

4:30-5:30 p.m. **"Improving Teaching Effectiveness II: Applying Instructional Theory";** Len Campbell, Portland State University. Presiding: Steve Wallace, Boise State University. Room: G 218.

Explanation of the Madeline Hunter ITIP Model (Instructional Theory Into Practice) with application to the teaching of physical education. (Double session - Session I offered at 3:15 p.m.). Of interest to: middle school and junior high teachers and administrators. Lecture/discussion.

"Futuristics in Athletic Training Careers"; Ron Pfeiffer, Boise State University. Presiding: Dave Shada, Boise State University. Room: G 220.

Discussion of current and predicted future trends in placement for NATA Certified Athletic Trainers. Based on recent NATA Role Delineation Study. Of interest to: athletic directors, coaches, public school administrators and private sector physical educators. Lecture.

"Traditional American Dances for Children"; Rick Meyers, Portland, Oregon. Presiding: Caroline Shell, University of Oregon. Room: G 215. Participation Session.

7:00 p.m.-?? **Holiday Inn: Barbecue and Boogie at the Northwest Social!!!** Food, fun, surprises. Sponsored by: Vern Pound and Boise schools elementary physical education specialists.

Saturday, March 23

8:30-9:30 a.m. **"Plie! — Don't Say The Implication of Hemisphericity for Teaching Dance";** Grace Karp, Washington State Univerity: Diane Walker, University of Idaho. Presiding: Naomi Zervas, Pocatello, Idaho. Room: G 215.

An explanation of the scientific aspects of hemisphericity, simple tests for dominance, application to teaching dance and analysis of the participants teaching style related to hemisphericity. Of interest to those interested in dance or in right brain teaching. Companion session Saturday, 9:45 to 10:45 a.m. Lecture.

"Ideas That Work for Public School Physical Education"; Bea Orr, President AAHPERD. Presiding: Joyce Strand, University of Alaska-Fairbanks. Room: G 219.

President Orr will conduct this discussion and share with us some of the practical experiences she has found successful as a public school teacher.

"Communications: The Key to Effective Leading and Learning"; Bonnie J. Hultstrand, University of Idaho. Presiding: Virginia Neal, University of Idaho. Room: G 220.

A series of verbal and non-verbal communication skills all professionals should be aware of and be able to use effectively. Of interest to a general audience. Lecture/discussion.

"Automobile Occupant Restraint"; B.E. "Buzz" Pruitt, AAHPERD. Presiding: Lanaya Ritson, University of Oregon. Room: G 130.

Buzz will bring and review new materials developed specifically for secondary school health. Of interest to: driver's education and health educators. Lecture/discussion.

"Women's Weight Training — A VCR Production"; Sherm Button, Boise State University. Presiding: Ron Pfeiffer, Boise State University. Room: BSU Womens Weight Room, PE 101.

A complete taped presentation and analysis of an individualized resistance exercise program. Of interest to: all weight training instructors/participants. Lecture/demonstration.

9:45-10:45 a.m. **"The Roll of the Physical Educator in Employee Fitness/Wellness Programs";** Rick Kearns, Idaho State University. Presiding: Mike Morris, Idaho State University. Room: G 218.

Overview of the role of the P.E. teacher in fitness/wellness programming and program components. Of interest to: public school and university/college teachers, administrators and business executives. Lecture.

"Relaxation Techniques: A Case for the Hidden Curriculum"; Robert J. Ritson, University of Oregon. Presiding: Lanaya Ritson, University of Oregon. Room: Gymnastics Room PE 101.

The participant will be acquainted with the current research and resources in relaxation techniques, develop an understanding of a mind and body relationship in relaxation techniques (specifically toward nervous system and muscular intervention), practice developmental activities in relaxation techniques and practice the progressive relaxation technique. Of interest to a general audience. Lecture of participation.

"Mainstreaming: How Does Every Student Participate in Regular Physical Education?"; Ernie Lange, University of New Mexico. Presiding: John Massengale, Eastern Washington University. Room: G 219.

Procedures to utilize in the mainstream process. Participation of physical educators with the child study team. Establishing objectives for all students in mainstream physical education. Of interest to: physical educators, adapted specialists, special educators and related services personnel. Lecture.

"Utilizing the Adventure Concept in the Classroom"; Paul Green, Eastern Washington University. Presiding: Duane Owens, Portland Community College. Room: G 130.

A slide presentation. Covers what teachers are doing in the field. The challenges of stress. Practical. Lecture.

"Transition from High School Coach to College Coach"; Jim Carberry, Assistant Football Coach, Boise State. Presiding: Cal Riemcke, Yakima Schools, Yakima, Washington. Room: G 220.

Transition problems and perspectives of the high school coach who moves to the college coaching level. Discussion.

"Plie! — Don't Say The Implication of Hemisphericity for Teaching Dance II"; Grace Harp, Washington State University: Diane B. Walker, University of Idaho. Presiding: Naomi Zervas, Idaho. Room: G 215.

A participation class in which the focus is on teaching dance emphasizing the right brain. Of interest to: those interested in dance and/or in right brain teaching. People are invited to observe the demonstration class if they prefer not to participate. Demonstration class/participation.

11:00-Noon **"Volleyball—A Spiking Progression";** Darlene Bailey, Head Volleyball Coach, Boise State University. Presiding: Cal Riemcke, Yakima Schools, Yakima, Washington. Room: PV 1210 Gate 3.

This is a participation session. Coach Bailey will teach the fundamentals and drills used to teach the progression and development of outstanding spiking skills in volleyball. Participation.

"Activities for Wellness Promotion in the Classroom and the University"; Danny Ballard, Idaho State University: Cheryl Kolander, Idaho State University. Presiding: Lanaya Ritson, University of Oregon. Room: G 218.

Motivational and informational activities for the health educator as well as the student and faculty population of the university. Of general interest. Lecture/discussion.

"European Perspectives on Program Delivery"; Dorothy Zakrajsek, University of Idaho. Presiding: Mike Morris. Room: G 220.

Comparative physical education between England, Germany and us. An integrated program of curricular philosophy, model programs, and slides from England and Germany. Of interest to: public school and college level teachers and administrators. Lecture/discussion.

"Psychology of High Risk Sport"; Jan Lambertz, Evergreen State College, Washington. Presiding: Duane Owens, Portland Community College. Room: G 219.

An exploration of the psychological motivations for participating in high risk activities. What are the definitions of risk, controlled risk, adventure risk, thrill seeking? What do the experts have to say about risk (a review of the literature from 1900 to present)? What is the difference between risk taking and risk teaching? How is experiential education affected by the profit motive? What are the risk motivation groups, and to which do you belong? These questions and more will be raised and discussed in a lecture/seminar format which will include a slide presentation. Lecture/discussion.

Noon-2:00 p.m. **Honor Awards Luncheon** — Holiday Inn.

"The Alliance for You: Meeting the Challenges"; Bea Orr, President, American Alliance for Health Physical Education, Recreation and Dance.

2:00-3:00 p.m. **Business Meeting** — Holiday Inn. Terry Tomczak, President, Northwest District AAHPERD. a.) Election results: b.) Vote on constitution changes: c.) Formal acceptance and presentation of the Northwest District's gift.

3:15-4:30 p.m. **"Athletics — Informal Round Table Discussion";** Presiding: Dave Oberley, Billings Public Schools, Billings, Montana. Room: G 219.

An informal discussion and sharing of activities and progess in athletics from the local levels.

"Physical Education — Round Table Discussion"; Presiding: Maureen Weiss, University of Oregon. Room: G 220.

Sharing ideas, concerns and achievements from the local areas.

"Who, What and Where Are We?" Informal Round Table Discussion. Presiding: Joellen Meglin-Roan, University of Oregon. Room: G 215.

Informal round table discussion of the status of the dance profession in the Northwest; also a sharing of what's happening in our specific locales.

"Health — Informal Round Table Discussion"; Presiding: Barbara Cooley, Evergreen State College, Olympia, Washington. Room: G 218.

An informal discussion and sharing of problems and solutions in the health professions.

"Recreation — Informal Round Table Discussion"; Presiding: Gaylene Carpenter, University of Oregon. Room: G 130.

Recreation activities and directions from the local levels.

'Skiing — Skiing — Skiing"; Meet at BSU Gymnasium.

Evening skiing at Bogus Basin Ski Area outside Boise. Costs will be reduced (hopefully) and ride sharing will get you there.

4:30-5:30 p.m. **1985-86 Northwest District Executive Board Meeting.** Room: Holiday Inn.

PHYSICAL MANAGEMENT SUMMER SEMINAR

Dealing with Weight Control — Physical Conditioning — Behavioral Modification — Nutrition Education and Self-Concept

Sponsored by:
The Montana State Facilitator Project, Office of Public Instruction, the Montana Association for Health, Physical Education, Recreation and Dance and Northern Montana College

Date: June 23-28, 1985

Location: The workshop will be conducted at the Circle 8 Guest Ranch located approximately 30 miles west of Choteau, Montana. The ranch is in the main range of the Rocky Mountains, south of Glacier National Park and adjacent to the Bob Marshall Wilderness. The ranch includes a swimming pool, horses, lodge, recreation room and some of the most breathtaking scenery in the western United States.

Course Description: Participants will be trained in the management of a weight control program for themselves and/or public school students at the elementary, junior high, high school or collegiate levels. Instruction will include: behavioral modification techniques, meal exchange planning, exercise prescription and self-concept development. Participants will "live and learn" the program for one week developing the proficiency to incorporate Physical Management within their individual school districts. The training and materials provided will give the expertise necessary to evaluate body composition, physical fitness testing, dietary monitoring and group leadership. In addition, participants will be given the opportunity to participate in a variety of outdoor recreation activities in a beautiful mountain setting. This course is especially suitable for health and physical education teachers, home economics teachers, elementary classroom teachers, school foods personnel, school counselors, nurses or administrators interested in developing a program to help overweight students. Physical Management is a nationally validated program by the U.S. Department of Education and is a part of the National Diffusion Network's **Programs That Work.**

Cost and Credit: The **total** cost of the workshop is $225, which includes course fees for two quarter credits. This covers all meals, lodging and workshop materials. A follow-up paper will be required.

Limited Enrollment: By necessity, the enrollment in this seminar will be limited. Applicants will be accepted on a first come, first served basis, so please register early. A deposit of $35 (which is non-refundable) is due by June 7, 1985. **But please register as soon as possible.** Additional information will be sent upon receipt of registration.

Physical Management

Pre-Registration Form

Name:_____ Phone:_____
Area Code Number

Teaching Area:_____

Address: _____
Street City State Zip

Summer Address: _____
Street City State Zip

Deposit enclosed:_____. Make check payable to: MAHPERD

Mail this to: Spencer Sartorius, Health and P.E. Specialist
Office of Public Instruction
Capitol Station
Helena, Montana 59620

REMEMBER: Enrollment is limited, so please register early!

What is MAHPERD?

MAHPERD is an association of Montana teachers, administrators, coaches and students involved in health education, physical education, recreation, dance, athletics, intramurals, adapted programs and related areas.

Who joins MAHPERD?

Elementary, secondary and university teachers and administrators join MAHPERD as well as community recreation and dance personnel.

How is MAHPERD organized?

MAHPERD is headed by a President, elected annually, and an Executive Board made up of and elected by its membership. MAHPERD's strength is in its membership and in the strong leadership its members provide.

When does MAHPERD meet?

MAHPERD meets in conjunction with its annual state convention in the fall. The state convention provides the very best possible workshop sessions available in Montana. The Executive Board meets periodically at other times during the year to carry on association business.

Why join MAHPERD?

—Hosts Annual State Convention

—Sponsors workshops for teachers

—Prints and distributes **MAHPERD Journal**

—Sponsors annual "Jump Rope for Heart" with Montana Heart Association

—Presents Honor Awards to outstanding members

—Presents service awards to organizations making contributions to the profession

—Gives members a unified voice and representation

—Provides a method of communication statewide

—Provides teachers and schools with promotional ideas and information for health and physical education

—Promotes Montana Physical Education and Sports Week

—Coordinates activities between the national association, northwest district and the state

—Represents membership in educational matters involving the state Legislature and State Board of Education

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Montana Association for Health, Physical Education, Recreation and Dance

Membership Application Form

Mr.
Ms._____ _____

(Print) Last First Middle Initial Home Phone Business Phone

Home Address: _____

Street City State Zip Code

Business Address: _____

School or Agency City State Zip Code

Type of Membership (check one): Professional _____ ($10) Student_____ ($3)

Make check payable to: MAHPERD

Detach and mail to: Helen Chrest, MAHPERD Treasurer, Box 179, East Helena, MT 59635.